



US006817863B2

(12) **United States Patent**  
**Bisogno**

(10) **Patent No.:** **US 6,817,863 B2**  
(45) **Date of Patent:** **Nov. 16, 2004**

(54) **COMPUTER PROGRAM, METHOD, AND SYSTEM FOR MONITORING NUTRITION CONTENT OF CONSUMABLES AND FOR FACILITATING MENU PLANNING**

(76) Inventor: **Joseph J. Bisogno**, 16120 W. 100th St., Lenexa, KS (US) 66219

(\*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 591 days.

(21) Appl. No.: **09/878,651**

(22) Filed: **Jun. 11, 2001**

(65) **Prior Publication Data**

US 2003/0165799 A1 Sep. 4, 2003

(51) **Int. Cl.<sup>7</sup>** ..... **G09B 19/00; G06F 17/60**

(52) **U.S. Cl.** ..... **434/127; 705/2; 235/375**

(58) **Field of Search** ..... 705/1, 2, 15, 26, 705/27; 434/127, 238, 262; 128/897, 921; 235/375, 380, 383; 709/203, 217, 229; 707/1, 3, 104.1; 700/90, 213; 600/300; 345/810, 901, 902; 221/300, 2, 3, 15; 708/100

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*Primary Examiner*—Willis R. Wolfe, Jr.

(74) *Attorney, Agent, or Firm*—Hovey Williams LLP

(57) **ABSTRACT**

A computer program, method, and system for dynamically and interactively providing nutrition content information for consumables such that a user may monitor, tailor, plan, and review their intake thereof in light of a health-related interest or concern, such as, for example, weight-loss, food allergies, or diabetes or other nutrition affected illnesses or disabilities. Consumables are categorized and displayed in lists associated with an appropriate color to draw attention to relative nutrition content and to facilitate quicker and easier evaluation of a consumable of interest. Summaries are provided of a user's actual intake in light of a pre-established target intake for a particular day. Detailed reports may be generated showing consumption over a user-specifiable time period.

**13 Claims, 5 Drawing Sheets**

